



Baby loss counselling
and support



Antenatal Results & Choices ●

Working together to support families

Support available one to one or in a group allowing families to meet others who understand.



We are so sorry that you have had to make the very difficult decision to end your pregnancy. Nothing can make this experience easy, but we hope that the information provided here and the opportunity for individualised support can help you to prepare and think through your options.

Held In Our Hearts

At Held In Our Hearts the majority of our staff are bereaved themselves, so we understand the impact of baby loss and can empathise with the pain and shock you are feeling.

We appreciate that this is an incredibly traumatic and lonely time, as you struggle to find others who can connect with the overwhelming emotions you are experiencing.

With almost 40 years' experience of supporting bereaved parents, we will walk with you while you start to come to terms with what has happened, and will support you in your grief.

Antenatal Results & Choices

ARC is a national charity helping parents throughout antenatal screening and its consequences.

At ARC we have many years' experience supporting parents through these difficult experiences. Your hospital may have given you a copy of the ARC Parents' Handbook, which contains information about the practical and emotional issues you might face in ending a pregnancy.

If not, please get in touch with ARC for a free copy. We can also put you in touch with trained volunteers who have been through a termination after a prenatal diagnosis.

The list below has been compiled by bereaved parents who have walked this journey before you. These are suggestions they thought might help you at this time – from their heart to yours.

- Be prepared to spend time in the hospital. Bring comforting snacks, favourite drink, cushion, blanket, music, and comfortable clothes. For example, soft cotton fabric, pyjamas, jogging bottoms and sweatshirt.
- You may want to have a taxi number handy or ask the hospital for one.
- It may be useful for a partner to bring a book or a device to keep them occupied.
- Try to make gentle plans for the days following depending on how you are feeling. You may wish to spend the period taking things easy staying home watching films, being surrounded by treats and people you love. It's good to think about this recovery time in advance, as you may be too numb and tired afterwards to organise anything.
- If it would be useful to you, try to think of ways to mark what has happened. This could be a religious or non-religious ritual or ceremony. It may be private or public. It could be finding a place special to you, or an object or tradition that's meaningful to you.
- You may want to bring something from home to place with your little one such as a sentimental item, letter or card. You will be offered a keyring from Held In Our Hearts and a heart from the centre can stay with your baby at all times when you leave providing a continuing bond. You will also be offered a SiMBA memory box with items which can help you create memories.
- You may wish to take photographs. This is a personal choice but many families report finding it comforting having photographs to keep.
- It is never too early or too late to contact support groups like Held in Our Hearts or ARC. This is an opportunity to be in touch with others who have been in a similar situation to yourself and will understand.
- No matter your circumstances, we are here for you.
- Be prepared to be there all day, perhaps even overnight.



We are aware that this is a very personal experience and what is helpful for you, may not be helpful for another family.

Your experience of loss may also vary depending on the stage of your pregnancy.

You may find making memories now, comforting in years to come, but for other families this may not feel right for them. You may find it helpful to discuss the options available to you with your midwife, ARC or Held In Our Hearts.



EMPATHY



CONNECTION



LOVE

ARC and Held In Our Hearts collaborate to offer support and host a group befriending meeting. This provides the opportunity to meet with other families who have similar shared experiences and they will be able to relate to the overwhelming emotions you are experiencing.

There is never any pressure for you to discuss your loss, if you do not feel ready to do so. You can attend these meetings regardless of where you live. You can come together as a couple, or with another family member or friend.

You can also join the closed Facebook group:

 - Held In Our Hearts & ARC



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The opening hours are:
9.00am to 4.00pm
Monday to Friday

 **0131 622 6263**

 **info@heldinourhearts.org.uk**

The opening hours are:
10.00am to 5.30pm
Monday to Friday

 **0845 077 2290**
0207 713 7486 via mobile

 **info@arc-uk.org**